

At-Risk Weight Chart

Body Mass Index

Height in feet and inches without shoes
Weight in pounds without clothing

4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

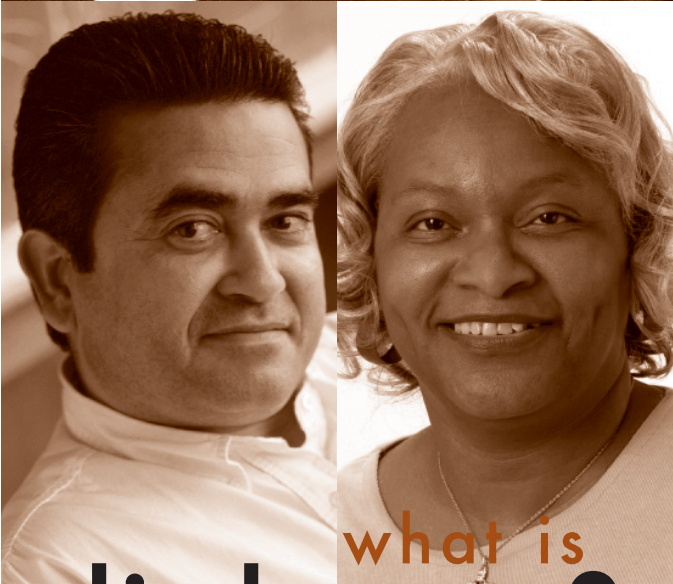


How can DHEC help?

DHEC offers diabetes education and services based on standards set by the American Diabetes Association. We provide these resources in home and community settings. For more information, please contact your local DHEC public health department. We will answer your questions and inform you of what services are available in your county.



label



what is
diabetes?



www.scdhec.gov

*Promoting and protecting the health of the public
and the environment*

what is diabetes?

Diabetes is a disease where the body does not make or properly use insulin. Insulin is a hormone that is needed to turn sugar, starches and other food into energy needed for daily life. Types of diabetes include:

type 1

When a person has type 1 diabetes, his or her body does not produce any insulin. People with type 1 diabetes must take daily insulin injections to stay alive. Type 1 diabetes most often occurs in children and young adults and accounts for 5-10 percent of people with diabetes.

type 2

Type 2 diabetes is the most common form of diabetes. When a person has type 2 diabetes, his or her body cannot make enough or properly use insulin. This is called insulin resistance. Type 2 diabetes can occur in people of any age including children. Type 2 diabetes makes up 90-95 percent of people with diabetes.

gestational diabetes

When a woman has high blood sugar only while pregnant, it is called gestational diabetes. It usually goes away after your baby is born but may come back at a later date. The risk of developing type 2 diabetes later in life is 50-60 percent greater if you have gestational diabetes.

pre-diabetes

Before a person develops type 2 diabetes, they almost always have pre-diabetes. Pre-diabetes can increase the risk of heart attacks, strokes and heart disease by 50 percent. However, pre-diabetes and the progression to diabetes can be prevented.

risk factors

You are at risk for diabetes if:

- You are overweight.
- You don't exercise regularly.
- A parent, brother or sister has diabetes.
- You are older than 45 years of age.
- You had a baby that weighed more than 9 pounds at birth or you had gestational diabetes while you were pregnant.

symptoms

What are the symptoms of diabetes?

- Extreme thirst or hunger
- Frequent urination
- Unexplained weight loss
- Blurry vision that changes from day to day
- Tingling or numbness in hands or feet
- Frequent or recurring skin, gum or bladder infections
- Wounds that won't heal

If you are at risk and/or have some of these symptoms, talk with your doctor about getting tested for diabetes!

who should be tested ?

Testing should be considered in all people over age 45.

Testing is needed for all people under 45 years of age if they are overweight and if they also have one of these risk factors:

- Parent, brother or sister with diabetes
- Previous gestational diabetes/baby weighing more than 9 lbs at birth
- Race or ethnicity other than Caucasian
- High blood pressure
- Abnormal cholesterol and triglycerides

Even young children are at risk for type 2 diabetes and should be tested if they have any of the above risk factors

prevent and protect

Pre-diabetes and type 2 diabetes can be prevented or delayed for people who are at risk. The American Diabetes Association recommends making the following lifestyle changes to reduce that risk:

- Staying active most days of the week
- Eat fewer fried and fatty foods
- Eat sweets in moderation
- Eat more fruits, vegetables and whole grain foods
- Visit your doctor for regular checkups
- Quit smoking
- Keeping your weight in control (or losing weight if you are overweight). A 5 percent drop in weight can cut the risk of type 2 diabetes by almost 60 percent.

diabetes and my body

How does diabetes affect me? If not controlled, diabetes can affect several organs or parts of your body, such as:

Heart – can have heart attack.

Eyes – can become blind.

Mouth – can have dental or gum diseases.

Kidneys – can have kidney failure that can lead to dialysis.

Genital organs – can lead to sexual problems.

Feet – can have foot problems that can result in leg amputation.

Nerves – can lead to nerve damage.

Brain – can have a stroke

take the test. know the score.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is not true, put a zero. Add your total score.

1. My weight is equal to or above that listed in the chart.	Yes	5	_____
2. I am under 65 years of age and I get little or no exercise during a usual day.	Yes	5	_____
3. I am between 45 and 64 years of age.	Yes	5	_____
4. I am 65 years old or older.	Yes	9	_____
5. I am a woman who has had a baby weighing more than nine pounds at birth.	Yes	1	_____
6. I have a sister or brother with diabetes	Yes	1	_____
7. I have a parent with diabetes.	Yes	1	_____
		Total	_____

Scoring 3-9 points

If you scored 3-9 points, you are probably at low risk for having diabetes now. But don't just forget about it. You may be at higher risk in the future. Maintaining a healthy weight and regular exercise can help you reduce your risk.

Scoring 10 or more points

If your score 10 or more points, you are at a high risk for having diabetes. Only a doctor can determine if you have diabetes. See a doctor and find out for sure.